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❁❁❁
మూత్రపిండ రోగం-CKD:ESKD
క్రానిక్ కిడ్నీ డిసీజ్-ఎండ్ స్టేజ్
కిడ్నీ-Mixopathy-part:2-❁❁

రెండోభాగం- మరిన్ని"మిక్సోపథీ" వివరాలూ-" హోమియో"-+-"యూనానీ హెర్బల్"మందులూ-పొందుపరచబడ్డాయి, ఈ "కితాబు"-మొదటి భాగంలో రోగలక్షణాలూ,రోగి తీసుకోవలసిన జాగ్రత్తలూ-తిండి-పథ్యం-న్యూట్రిషనల్ చార్ట్-స్, ఇంకా కొన్ని వివరాలూ వున్నాయి!

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Chronic Kidney Disease (C.K.D.) and Mixopathy - Part Two.

Treatment with Homeopathic and Herbal Unany Medicines..as part of Mixotheraphy.

Part one has dealt with many aspects of CKD- its Symptoms ,Caution about Foods-Fruendly and injurious /inimical factors-Charts showing nutritional analyses , Diet requirements,precautions,Warnings etc -

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⋞ 【¤】 ⋟ Disclaimer :::

This is meant for educational purpose only.
Because it is beneficial for CKD sufferers to have thorough knowledge of thier bodies physiology and pathology

◢▬ ◢▬ ◢▬ ◢▬ ◢▬ ◢

⋞ 【¤】 ⋟ Disclaimer :::

This is not a medical prescription_
but ...Consulting the Uro_Nephrologists / Nutritionists and obtaining their Professional Medical advices is Very much Necessarily Advised... before using any remedy..

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Mixopathy-Herbal Unany Medicines..

మూత్రపిండాలకు ద్రావిడ సిద్ధ మందులు+ యునానీ చెట్లమందులు...

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Treatment for C.K.D.

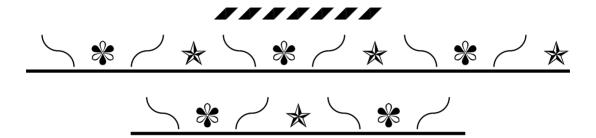
◢Reposing Faith In God -the ultimate Curor of all maladies!

◢Being optimistic !! No place for Pesimistic Regrets!!!

◢Never Ever Losing Hope !!!!

◢Avoiding Haemodialysis-Kidney Transplant-and all Surgical Procedures...

◢Plumping for Herbal Therapy + Natural Life Style-For Positive Results-

◢Spreading the Message of Protecting the Nature and The Environs , and God's

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Creatures-

Herbal Unany Mode of Treatment..

Unani medicine, also called Unani tibb, Arabian medicine, or Islamic medicine, a traditional system of healing and health maintenance is popular in South Asia. The origins of Unani medicine are found in the doctrines of the ancient Egyptian physicians adopted by the Greeks-Hippocrates and others. It was developed and refined through systematic experiment by the Later Arabs, most prominently by Muslim scholar-physician Abu ibn Sina(Avicenna.) ...... With additional

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contributions of medical wisdom from other parts of the Middle East , Unani medicine came to be known also as Arabian, or Islamic, medicine.Unani system of medicine is a great healing art as well as science. It treats a person as a whole not as a body of individual parts. It is aimed at treating body, mind and soul. This system is based on Ancient Egyptian theory of four humors viz. blood, phlegm, yellow bile and black bile ,

Principles of Unany System

(1) Arkaan, or elements, (2) Mizaaj, or temperament, (3) Akhlaat, or bodily humours, (4) aaza, or organs and systems, (5) Arwaah, or vital spirit, (6) Quwwa, or faculties or powers, and
(7) Af 'aal, or functions.

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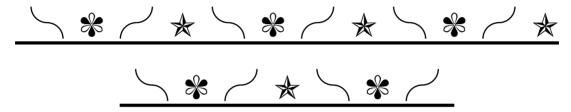
Herbal Unany Medicines..

Liver:-

(1-8-all from Hamdard lab-Dehli)

1--Sharbat Buzoory Motadil:-Detox + Diuretic for the Kidneys,Liver,Urinary Bladder,Dissipates Excess heat of the Body-Eliminates Metabolical wastes +Toxins

2---Jawaarish Jaalinus.:-for Coldness

of the body and Liver and other internal Organs.

3--Majoo Dabidul-Ward:-Stimulates + Strenthens the Liver-Effective for Inflammation of Liver ,Kidneys ,etc

4--Sharbat Kasiny:-effective for Jaundice,Inflammations of Liver,Stomach,Intestines,and other internal Organs.+Mix with No:+5

+++++

5--Arq Mako:-Same as Sharbat Kasiny:To be used along with No:+4

6---Arq Kasni:-

Inflammation of Liver + Heat

7---Sharbat Dinar:- Pain and

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Inflammation of Liver + Water Retention + Costipation-

8---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys + acts as a Diuretic + Laxative -

9---Sharbat Sandal-

Palpitation of Heart + for reducing heat of Stomach and Liver.

Herbal Unany Medicines..
Anaemia -Depleted Haemoglobin(low RBC count):-

(1-4-all from Hamdard lab-Dehli)

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1---Aharbat Faulad-

General Debility.+ Promotes Heamoglobin formation

2---Aharbat ikseer Khas:-

General Debility + Promotes Heamoglobin formation

3---Gamon:- strengthens Liver and stimulates RBC production

+ removes Fatigue,

4---Qurs Khutsa Faulad:-General Debility + Promotes Heamoglobin formation

Herbal Unany Medicines..

Kidneys+

✽⁘✽_Drinking OLiVE OiL is essential_✽⁘✽

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(1-6- medicines from Hamdard labs-Dehli)

1---Arq Anannas

2---Sharbat Buzoori

3---Sharbat Kasni

4--Sharbat Ward

5--Sharbat Dinar

6---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys

+ acts as a Diuretic -

7---AlHayateen-(Sadr Labs)

Dravidian Nattu remedies

7----Sidda medicine---Bark of

Urumidi-ఉరిమిడి-బెరడు-Createval Nerula… …100mg(Blood

purifier/Abcesses / Edema / Renal Calculi)

8-----Whole plant of TellaGalijeru-తెల్ల గలిజేరు -చెట్టు+

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ఆకులూ+వేర్లూ-Boerhavia Diffusa.100mg (Kidney friendly/Liver Cleanser / Diabetes T2/Joints /Night blindness)

9---Thorny fruits of Palleru-పల్లేరు కాయలు-Acanthospermum Hispidum.100mg (Kidneys/ UTI/Calculi /Harmones /Oligospermic /Tonic)

Herbal Unany Medicines..

Kidney Stones-Renal Calculi-

✽⁘✽_Drinking OLiVE OiL is essential_✽⁘✽

(1-5-all from Hamdard-Dehli)

1---Arq Anannas-

2---Majoon Hajarul-Yehood

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3---Majoon Sange Sare mahi

4---Sharbat Aloo baloo.

5---Dawa e Sang.

Dravidian Nattu remedies

6----Sidda medicine.--Roots of Kondapindi-కొండపిండి-Coline Forskohli.100mg(Kidney stones,Calculi/HBP /Glaucoma /Heat /)

7------Bark of Urumidi-ఉరిమిడి-బెరడు-Createval Nerula... ...100mg(Blood purifier/Abcesses / Edema / Renal Calculi)

8--Sidda Medicine---Thorny fruits of Palleru-పల్లేరు కాయలు-Acanthospermum Hispidum.100mg (Kidneys/ UTI/Calculi /Harmones /Oligospermic /Tonic)

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Herbal Unany Medicines..
Diabetes -Blood Sugar.

✾⁘✾_Drinking OLiVE OiL is essential_✾⁘✾

1----Dolaaby

2----Qurs Diabetes

3----Kushta Baida Murgh

Dravidian Nattu remedies

4----Sidda Medicine---Whole plant of TellaGalijeru-తెల్ల గలిజేరు -చెట్టు+ఆకులూ+వేర్లూ-Boerhavia Diffusa.100mg (Kidney friendly/Liver Cleanser / Diabetes T2/Joints /Night blindness)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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(25/30)
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[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

Herbal Unany Medicines..
Urinary Bladder + Cystitis.

(1-9-all from Hamdard-Dehli)

1---Majoon Usba

2---Majoon Shahtara

3---Arq Anannas

4---Sharbat Buzoori

5---Sharbat Kasni

6---Sharbat Ward

7------Banadiqul-Buzoor

8---Majoon.Kundur

9---Majoon Masikul bol

(1-9-all from Hamdard lab-Dehli)

Al-Furqaan (25:27)
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Herbal Unany Medicines.

HAEMATURIA-BLOOD IN UREA.

(1-4-all from Hamdard-Dehli)

1...QURS HABIS

2...QURS GULNAR

3...QURS BANDISH KHOON

4...KHUSHTA SANG E JARAHAT

Herbal Unany Medicines.

Cystitis/peritonitis /Sepsis/Infections

(--all from Hamdard-Dehli)

1---Majoon Usba(Hamdard-Dehli)

2---Majoon Shahtara(Hamdard lab-Dehli)

+ All kidney and Bladder medicines are useful ...

Herbal Unany Medicines.
-UTI

(1-5-all from Hamdard-Dehli)

1---Sharbat Buzoori(Hamdard lab -Dehli)

2---Shrbat Kasni(Hamdard lab-Dehli)

3---Arq Kasni(Hamdard lab-Dehli)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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4---Safi(Hamdard lab-Dehli)

5---AlHayateen-(Sadr Labs)

Dravidian Nattu remedies

6---Sidda Medicine---Thorny fruits of Palleru-పల్లేరు కాయలు-Acanthospermum Hispidum.100mg (Kidneys/ UTI/Calculi /Harmones /Oligospermic /Tonic)

!

Herbal Unany Medicines..
Prostate Gland-BPH.

✾❖✾_Drinking OLiVE OiL is essential_✾❖✾

(all.medicines from Hamdard lab-Dehli-except .no.4+7+8)

1---Arq Anannas

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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2---Sharbat Buzoori

3---Sharbat Kasni

4---AlHayateen-(Sadr Labs)

5---Majoon Usba

6---Majoon Shahtara

Sidda medicine:

7---Thorny fruits of Palleru-పల్లేరు కాయలు-Acanthospermum Hispidum.100mg (Kidneys/ UTI/Calculi /Harmones /Oligospermic /Tonic)

8---Berries of Usiri-Nellikkaayi-ఉసిరి-నెల్లిక్కాయ-కాయ-Embelica Officinalis,50gms (***)

Hard Nut

Al-Furqaan (25:27)
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Herbal Unany Medicines..

☙✣☙_Drinking OLiVE OiL is essential_☙✣☙

Heart+ Blood Vessels

(1-8-all from Hamdard-Dehli)

1---Khamira Abresham SADA

2---Khamira Sandal

3---Khamira Marwarid SADA

4---Dawa ul Misk Motadil SADA

5---Sharbat Kewda

6---Sharbar Anar Shireen.

7---Gulkand Suyooti

8---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys

+ acts as a Diuretic -

9---Sharbat Sandal-

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Palpitation of Heart + for reducing heat of Stomach and Liver.

10---Sharbat Kewda-Fortifies Heart,controls Palpitation + soothes Anxiety..

Herbal Unany Medicines..

✽✣✽_Drinking OLIVE OIL is essential_✽✣✽

High Blood Pressure+ Insomnia

(1-3 from Hamdard-Dehli)

1---Asrofeen

2---Tiryaq Fashar

3--iksir Shifa

Al-Furqaan (25:27)
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Dravidian Nattu remedies

4---Sidda medicine-

Penneru gadda..పెన్నేరు గడ్డ-Withania -Somnifera..100mg(Brain tonic-induces sleep/ promotes digestion)

Herbal Unany Medicines.. Low Blood Pressure

(all.medicines from Hamdard labs-Dehli)

1---Dawa uk Misk Motadil

2---Majoon Azaraqi

3---Kushta Faulad

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Herbal Unany Medicines..
Dizziness/Unconciousness

(all.medicines from Hamdard labs-Dehli)

1---Dawaul Misk Motadil

2---Arq Gulaab

3---Khamira Gowzaban SADA

4---Khamira Marwarid SADA

5---CHAWANPRASH Awalia

Herbal Unany Medicines..

Al-Furqaan (25:27)
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Respiratory Problems.

✼⁘✼_Drinking OLiVE OiL is essential_✼⁘✼

(1-5- from Hamdard-Dehli)

1—Sharbat Zofa SADA

2—Lauq Rabwi

3—Lauq Zeequn-Nafs

4—Lauq Katan

5— Bakhur damma(to be inhaled)

Dravidian Nattu remedies

--Sidda Medicine--Seeds of Uttareni

ఉత్తరేణి-గింజలు-Achyranthia Aspera.100mg (UTI/HBP /Lungs-Respiration /Dental problems/Cold+Cough)

---Nela Usiri-నేలవుసిరి-Phyllanthus Asperalatus.-50gms (Blood Purifier/Jaundice /Lungs-Respiration / HBP/)

--Sidda Medicine--Bark of Tella

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger!
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maddi-తెల్లమద్ది-బెరడు-Terminalia Arjuna.50gms (Heart/Asthma)

-Sidda Medicine---Naannri-నన్నారి-Hemidesmus Indica.50gms (Asthma/Teeth / Eruptions)

Herbal Unany Medicines.. Brain + Nervous Aystem.

(1-6- medicines from Hamdard labs-Dehli)

1---itrifal Muwawwi Damagh.

2---Khamira Gowzaban SADA

3---itrifal Kishneeji

4---Naya Khamira

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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5---Majoon Nasiyan

6---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys + acts as a Diuretic -

Sidda medicine:

6---Penneru gadda..పెన్నేరు గడ్డ-Withania Somnifera..100mg(Brain tonic-induces sleep/ promotes digestion)

Herbal Unany Medicines.. Detox + Purifiers

(all.medicines from Hamdard labs-Dehli)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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1---Safi(Hamdard-Dehli)

2---Murakkab Musaffi Khoon

3---itrifal Shahtara

4---Sharbat Usba.

5---Arq Chobchini.

6---Arq Mundi.

7---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys + acts as a Diuretic -

Herbal Unany Medicines..
Constipation

(1-7-by Hamdard labs-Dehli)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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1---Khamira Banafsha

2---Jawarish Safrajali Mushil

3---Gulkand Gulab

4---Qurs Mulayyan

5---Qurs Tinkar

6---Castor oil-

7---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys + acts as a Diuretic cum Laxative.

Sidda remedy

-7--Karakkaaya-కరక్కాయ-కాయ-Terminalia Chebula.50gms

Al-Furqaan (25:27)
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Herbal Unany Medicines..

Diarrhoea

(all from Hamdard Labs -Delhi,)

1---Rubb Jamun

2-Habbe Sumaq

3---Sharbat Belgiri

4---Maltibasant

5---Murabbae Belgiri

Herbal Unany Medicines..

Eye care:-

A---Sound sleep

Al-Furqaan (25:27)
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B----Washing the Eyes freequently with cold water is essential to prevent eye infections/remove the dust , particles etc..

C----Dravidian Sidda prophylactics

1---A drop of Pure Honey in each eye during daytime -Nourishes the eyes ,by lachrymation +prevents damage to eyes from light/prevents Glaucoma + Cataract
2---A drop of Oil Ricini-Pure Castor oil at night ,will protect the eyes from development of Glaucoma + Cataract...

D---- External applications

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say,
"Oh! would that I had taken a (straight) path with the God's Messenger!
"Ah! woe is me! Would that I had never taken such a one for a friend!
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(3 to 5- from Hamdard-Dehli)

3---Kohl ul johar -from Hamdard labs-for application

4---Kohl ul Biyaaj-from Hamdard labs-for application

5---Kohl Gul Kunjad -from Hamdard labs-for application

E----Application of extract of Arab Frankincence + Lemon Grass oil mix around the eye sockets -to prevent occurance of Glaucoma + Cataract...

Herbal Unany Medicines..

Al-Furqaan (25:27)
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Nausea / Vomitting

(1-6: from Hamdard labs-Dehli)

1---Jawarish Tamar-hindi

2---Sikanjabeen SADA

3---Sikanjabeen Leemu

4---Arq Podina

5---Sharbat Tamar-hindi

6---Sharbat Anar Shirin:-

Rejuvenator of Liver + Heart + Kidneys

+ acts as a Diuretic -+ for Nausea +

Vitamin + mineral Supplements

(1-4:Hamdard labs-Dehli)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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1---Midoza tablets-(Hamdard labs-Dehli)

for Calcium deficiency

2---Cinkara-Vitamin tonic

3---Gamon/Sharbat Faulad

4---Sharbat Rooh-Afza(Hamdard labs-Dehli)

Other Herbal Unany Medicines..

(1+3-6:Hamdard labs-Dehli)

1---Chandraprabhawati

(Hamdard labs-Dehli)

Al-Furqaan (25:27)
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2---Al-Hayateen By Sadr Laboratories.Sohana.India: 3---Habbe Suranjan
4---Qurs Deedan Jadid
5---Sharbat Anar Shirin:-
Rejuvenator of Liver + Heart + Kidneys + acts as a Diuretic -removes Fatigue-
6-Qurs Alkali-

Herbal Unany Medicines..
Skin Care-
Drinking OLIVE OIL is essential

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(1-6 + 9,10.-are from Hamdard labs-Dehli)

1---Safi(Hamdard labs-Dehli)

2---Murakkab Musaffi Khoon

3---itrifal Shahtara

4---Sharbat/Majoon Usba.

5---Arq Chobchini.

6---Arq Mundi.(Hamdard labs-Dehli)

Skin/External applications:

7---Neem Oil(azadiracta indica)

8---Coconut oil-

9---Marham Kafur.(Hamdard labs-Dehli)

10---Marhan Kharish.(Hamdard labs-Dehli)

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10---Massaging with Olive oil

Herbal Unany Medicines..
Worms/intestinal Parasites etc...

1---Qurs Deedan Jadid

2---Kirmar

3---itrifal Deedan

Herbal Unany Medicines..For istasqaa/Jalodar/నంజు

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1-5 are from Hamdard labs.Dehli-

1--Majoo Dabidul-Ward:-Stimulates + Strenthens the Liver-Effective for Inflammation of Liver ,Kidneys ,etc
2--Sharbat Kasini:-effective for Jaundice,Inflammations of Liver,Stomach,Intestines,and other internal Organs.+ Mix with No:+ 5
+++++
3--Arq Mako:-Same as Sharbat Kasiny:To be used along with No:+4

4---Arq Kasni:-
Inflammation of Liver + Heat-

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5---Sharbat Dinar:- Pain and Inflammation of Liver + Water retention + Costipation-

6---AlHayateen-By Sadr labs-Haryana

Herbal Unany Medicines..
Oral Hygiene

టూత్ పేస్టులలో హానికర రసాయనద్రవ్యాలు వుండొచ్చు-

"Red Stripes తోవున్న" ఓ టూత్పేస్టు వాడిన గర్భవతులకు (జర్మనీలో)

-చేతులూ,కాళ్ళూ లేని పిల్లలు పుట్టారట-" ,

Modern tooth pastes contain Sweeteners ,and chemical

derivatives injurious to kidneys-must be avoided by kidney patients.

Mild Dravidian Formula Tooth Powders with no sugar-/ with a little salt are preferable ..

పళ్ళు తోమటానికి ఇవి చాల మంచివి-

Natural Miswak-Salvadoria Persica- twig-మిస్వాక్ పుల్లలు,

Babool-Acacia Arabica-twigs-నల్లతుమ్మ పుల్లలు,

Neem:--Azadiracta indica-twigs -వేప పుల్లలు ,

Karnjwa-కానుగ పుల్లలు-Pongamia Pinnata ,

ఈత పుల్లలూ-Phoenix Sylvestris,twigs can be used to brush the teeth ,..

బొగ్గు పొడి , పళ్ళపొడులనూ-కూడ వాడొచ్చు-

Some Unany aids for teeth + dental

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cavities

Sunan khas-సునను ఖాస్-పళ్ళపొడి
Roghan loang.లవంగనూనె
Roghan Darchini-దాల్చినచెక్క నూనె,

▰▰▰▰▰▰▰▰

Muscle Pains+ Cramps.

Vitamins + Supplement.....Doses
Alpha Lipoic Acid....300mg
Cucurmin..300mg
Spirulina 2mg
Resveratrol-2gms-found in grapes

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•♥•♥•♥•♥•♥•♥•♥•

మూత్రపిండాలకు ద్రావిడ సిద్ద మందులు-

Some Dravidian Sidda remedies for C.K.D.

ద్రావిడులంతా ఒక్కటే!!!వాళ్ళ సంస్కృతి అతిపాతదీ! చాలగొప్పదీ!

సిద్ధచికిత్స (దేశీయ-నాట్టు)--ఈ ద్రావిడుల నాట్టు (నాడు/నాటు)వైద్యం-కొన్ని వేల సంవత్సరాల పాతది-"సంగం"-కాలపు తమిళ్ లిటరేచర్లో దీనిని గుఱించిన "రెఫరెన్సులు" చాలమస్తుగా/ దండిగా వున్నాయి,..2500 ఏళ్ళ ముందు-అంటే "అయ్యామియ్యాలు" ఈ నేలపై అడుగుపెట్టకముందే - అఫ్గానిస్తాన్(బ్రూహీ బాష

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ద్రావిడులదే),

అన్-డివైడెడ్ఇండియా అంతటా సిద్ధవైద్యం రాజ్యంచేసింది.(హరప్ప-మెహన్-జొదారొ)సింధునదీ నాగరికత ద్రావిడులదే!

అక్కడి మనుషులు మాలాగే నల్లగా-కట్టిగా వుండేవాళ్ళని తేలింది,

ఇప్పుడు సిద్ధచికిత్స (దేశీయ-నాట్టు) ద్రావిడ ,గిరిజన-ప్రాంతాలకు, మాత్రమే పరిమితం,దీన్నికొంతమంది ద్రావిడులే తేలికగ తీసిపారేసారు-విదేశీమందుల జాడ్యం లోతుగా వేళ్ళూనుకొంది.మరికొంతమంది ద్రావిడ మందులపేర్లను వాళ్ళబాసలో ట్రానస్లేట్ చేసి , ఆకొత్తపేర్లతో ద్రావిడ మందుల్ని -చికిత్సా పద్ధతినీ హైజాక్ .....

ముందొచ్చిన చెవుల కంటే వెనకొచ్చిన కొమ్ములే వాడి-వేడి-అన్నట్లుందీ యవ్వారం!-

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జనాలూ గుడ్డిగా అటే యేగుతుండ్రి!
తమవేళ్ళనే మఱచి పోతుండ్రి!
(సామెతలో)కారెట్ కోసం పరుగులుతీసే గార్ధబంలా
ప్రజలకు కొత్తొక వింత-పాతఒక రోత అట.
తమిళంలో"వందె యేమాత్తరం" -అంటే వచ్చి
యేమార్చుతాడు-అనేది సత్యం-అనితెలుసుకోలేరు-
తెల్లబట్టలలే ఆరోగ్యానికి మంచివి-ముందు
అందరూ తెల్లబట్టలే + నిద్రలో కూడ తెల్ల ముసుగులూ,
దుప్పట్లే వాడిరి-వాళ్ళు యేజబ్బు-యేరోగాలతోనూ
చావలేదే! -
కాని జనాలు డార్క్ కలరు దుస్తులూ-ఇంక డేంజరు
రెడ్ + ఇంకా యేవేవో వేయివిధాల వెట్టి రంగులలో
కనబడుతున్నారు!-పులినిజూసి వాతలేయించుకొన్న
నక్కలాగా!
పలింతంగా యెన్నడూ సూడని రకరకాల రంగురంగుల

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"బీమారీ"లు తగులుతుండె!

అన్నింటికన్నా డేంజరస్ రోగం- మానసిక భ్రష్టత్వం + దేవభీతి తక్కువైపోవుట.....నేటి ఫేషన్ యిది...పంచలూ/లుంగీలూ-దిగజారిపోయి చెడ్డీలు మీదికి వచ్చేసాయి...నాగరికత పరాకాష్ట స్టేజిలో రాకెట్ లా దూసుకపోయి-తారలను తాకుతోంది.... ఇగ నేరుగా స్వర్గానికే అన్నట్టు............

Sidda is the ancient Naattu Marandu-(నాటు/నాడు/ మందు-Not definitely Quack-)-the dominant medical system of the Subcontinent, now being hijacked and marketed with different name)

(.....More readymade Sidda medicines can be had from :-

Indian Medical Practitionsers Association's Co-op-Pharmacy & Stores-Ltd.

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34/37-K.K.Salai,

Tiruvanmiyur,CHENNAI.600 041.)

NOTE :-A PORTION OF EACH REMEDY SHOULD BE KEPT ASIDE SEPARATELY TO BE USED FOR SPECIFIC SYMPTIOMS.

1-EG:-TELLA MADDI తెల్లమద్ది-: Terminalia Arjuna-FOR HEART PROBLEMS AND BREATHING DIFFICULTY

2-KONDAPINDI:కొండపిండి:Coline Forskohli.:-FOR CALCULI-STONES + DIFFICULT URINATION

3-NANNARI:నన్నారి:: Hemidesmus Indica.::-FOR ASTHMA.

4--PENNERU GADDA.పెన్నేరు గడ్డ:.:Withania Somnifera.:-FOR SLEEPNLLESSNESS

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...AND SO ON ...

A mix Of the Following raw remedies duely grinded into fine powder..7gms AM/PM-as a decoction...need based only . ..takes care of most of the complications of CKD..( )

1----Penneru gadda..**పెన్నేరు గడ్డ**-Withania Somnifera..100mg(Brain tonic-induces sleep/ promotes digestion)

2---Roots of Kondapindi-**కొండపిండి**-Coline Forskohli.100mg(Kidney stones,Calculi/HBP /Glaucoma /Heat /)

3---Bark of Urumidi-**ఉరిమిడి-బెరడు**-Createval Nerula... ...100mg(Blood purifier/Abcesses / Edema / Renal Calculi

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)

4---Leaves+Stem of Tippateege-**తిప్పతీగె-ఆకులూ+తీగె**-Tinospora Cardifolia.100mg(Enhances immunity/Fevers /HBP /DiabetesType2/ Respiratory problems)

5---Seeds of Uttareni **ఉత్తరేణి-గింజలు**-Achyranthia Aspera.100mg
(UTI/HBP /Lungs-Respiration /Dental problems/Cold+Cough)

6---Whole plant of TellaGalijeru-**తెల్ల గలిజేరు -చెట్టు+ ఆకులూ+వేర్లూ**-Boerhavia Diffusa.100mg (Kidney friendly/Liver Cleanser / Diabetes T2/Joints /Night blindness)

7---Thorny fruits of Palleru-**పల్లేరు కాయలు**-Acanthospermum Hispidum.100mg (Kidneys/ UTI/Calculi /Harmones /Oligospermic /Tonic)

8---Nela Usiri-**నేలవుసిరి**-Phyllanthus Asperalatus.-50gms (Blood Purifier/Jaundice /Lungs-Respiration / HBP/)

9---Bark of Tella maddi-**తెల్లమద్ది-బెరడు**-Terminalia Arjuna.50gms (Heart/Asthma)

10---Naannri-**నన్నారి**-Hemidesmus Indica.50gms (Asthma/Teeth / Eruptions)

(***)The following three remedies,nos:-11+12+13- combined together are effective for Obesity/ Constipation/Gout /as Anti-inflammatory / Anti-oxident/ Analgesic/ for

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RTI-Lungs/ as Haematinic/Digestive / /(***)

11---Berries of

Usiri-Nellikkaayi-**ఉసిరి-నెల్లిక్కాయ-కాయ**-Embelica

Officinalis,50gms (***)

Hard Nut

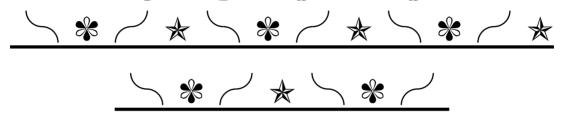
12---Karakkaaya-**కరక్కాయ-కాయ**-Terminalia

Chebula.50gms (***)

13---Fruit of

13---Taanikaaya-**తానికాయ-కాయ**-Terminalia

Bellerica.50gms (***)

+++ ద్రావిడ మోదుగ పూలకషాయం 50-ml

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Stress and Exertion are injurious...Hence avoidable ...

Slow walking for 30 minutes in the Sun is beneficial to save the body from vegetating..
Looking at the sky ,high mountains,flying birds,green trees,and the nature and contemplating about GOD ,the Creator of all these things

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AND THANKING HIM FOR HIS FAVOURS TO THE WHOLE HUMANITY AND ALL THE CREATURES MAKES MAN HAPPY , HALE AND HEALTHY + CONTENT......

Commands ofAllaahu.ﷻ

Aal-i-Imraan (3:189)

To Allah belongeth the dominion of the heavens and the earth; and Allah hath power over all things.

Aal-i-Imraan (3:190)

Behold! in the creation of the heavens and the

Al-Furqaan (25:27)
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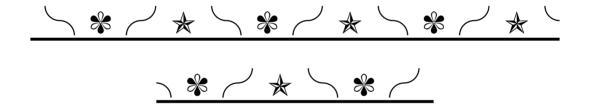
earth, and the alternation of night and day,– there are indeed Signs for men of understanding,–

Aal-i-Imraan (3:191)

Men who celebrate the praises of Allah, standing, sitting, and lying down on their sides, and contemplate the (wonders of) creation in the heavens and the earth, (With the thought): "Our Lord! not for naught Hast Thou created (all) this! Glory to Thee! Give us salvation from the penalty of the Fire.

Aal-i-Imraan (3:192)

"Our Lord! any whom Thou dost admit to the

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Fire, Truly Thou coverest with shame, and never will wrong-doers Find any helpers!

Antibiotics-+-their Colleteral Harmful effects.-

1---As the name indicates Antibiotics fight the livings organisms by threatening their existance.

2---They cannot diffrentiate between an infecting invader microbe cell , and the the host cells and tissues .

3---Antibiotics may eliminate the microbes, but simultaneously Antibiotics also cause some damage-to the patients systems.

The microbes_ VIROIDS/VIRUSES /BACTERIA /other disease causing organisms are mostly unicellular organisms -Some exceptional-parasites may have small bodies with more cells...like the Helminths, Worms etc

4---Generally Medicalmen use heavy /some times massive doses of Antibiotics-for 5/7/12Days or more, Using a combination of more than one Antibiotic is also in vogue..

5---These medications are repeated in cases of persistent /stubborn -infections. A Ckd friend of ours with Chronic Cystitis was prescribed Antibiotics for

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26 days at one go..

6--- "Colleteral Damage"(This jargon makes us cry ---We are reminded of a term used by the invader forces in Syria, Afghanistan, iraq, Libya, Mali, Niger, Somalia and other Acasia Arabica(bananas dont grow in these desert areas) Republics to justify their indiscriminate bombings in exterminating large unarmed innocent civilian populations in the name of fighting terrorists,.Whole Villages were wiped out and many innocent souls includind women , children, infants, and the infirm seniles were despatched to their graves..
And these uncivilized brutish invaders shout in high decibels - about

morality,decency,civilization.,values,human rights, womens rights, and what not,.

7---So "Colleteral Damage" is scientifically described in medical terms as Side-effects-as if it is negligible...Kallaa!!!Nay!!!

and brushed aside as a non issue- and an integral part of their Treatment protocol.

7---Human body consists of Trillions of cells -some people overcome the post treatment "uneasiness of Colleteral damage" easily /or for some it may take more time / but for some the "side effects/Colleteral damage" cause Central damage to the vital organs-and trauma ..

8---People think that Butchers are heartless-But there are licenced people with different modus

operandi--death of a patient is a part of the treatment -covered by their licence-

So Relatives of Patient's should take "colleteral damge" in thier stride ...as normal stuff...as they endure the corporate drug cartel exploiting in the name of Service to the Humanity, the innocent people to the hilt.

"Socrates pledge to serve the Humanity without Reservations/Discriminations/ Personal Biases-" is a lip service phenomenon-none is aware of its true sense...the gullible are always the Gentiles.....fit for exploitation,...and so on ....

9---Side effects some times cross the limits and cause serious damage to the Main Organs-Oesophagus,

Stomach–Liver–Spleen–Kidneys–C.P.U.(Brain)–Sense organs–etc...

10–––That was the main reason why a highly qualified Allopathic doctor named "C.F.S.Hanhemann" (Haamaan_1755–1843)–discarded modern medicine and successfully practiced a new , less harmful–less expensive–more comfortable ❇Homeopathy ❇–in The Duetsche Lands Germany Austria + France......

(Quotes from Hanhemann)–

""My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible

to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing"".[5]

Beginning of Homeopathy :–

Homeopathy–is based on the "Law of Similars"of ❈Anton von Stӧrck, ❈

Following up the work of the Viennese physician ❈Anton von Stӧrck, ❈ Hahnemann tested substances for the effects they produced on a healthy individual, presupposing (as von Stӧrck had claimed) that they may heal the same ills that they caused. His researches led him to agree with von Stӧrck that the toxic effects of

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ingested substances are often broadly parallel to certain disease states,[16] and his exploration of historical cases of poisoning in the medical literature further implied a more generalised medicinal "Law of Similars".[17] He later devised methods of diluting the drugs he was testing in order to mitigate their toxic effects. He claimed that these dilutions, when prepared according to his technique of "potentization" using dilution and succussion (vigorous shaking), were still effective in alleviating the same symptoms in the sick.

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Favours of Allaahu.ﷻ

Commands of Allaahu.ﷻ

Taa-Haa (20:55)

From the (earth) did We create you, and into it shall We return you, and from it shall We bring you out once again.

Al-A'raaf (7:25)

God said: "Therein(earth) shall ye live, and therein shall ye die; but from it shall ye be

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taken out (at last)."

Al-Hujuraat (49:13)

O mankind! We created you from a single (pair) of a male and a female, and made you into nations and tribes, that ye may know each other (not that you may despise (each other). Verily the most honoured of you in the sight of Allah is (he who is) the most righteous of you. And Allah has full knowledge and is well acquainted (with all things).

Al-Baqara (2:22)

It is Allaahu.ﷻWho has made the earth your

couch, and the heavens your canopy; and sent down rain from the heavens; and brought forth therewith Fruits for your sustenance; then set not up rivals unto Allah when ye know (the truth).

Ibrahim (14:32)

It is Allaahu.ﷻ Who hath created the heavens and the earth and sendeth down rain from the skies, and with it bringeth out fruits wherewith to feed you; it is He Who hath made the ships subject to you, that they may sail through the sea by His command; and the rivers (also) hath He made subject to you.

Al-Furqaan (25:27)
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Ibrahim (14:33)

And It is Allaahu.ﷻ who hath made subject to you the sun and the moon, both diligently pursuing their courses; and the night and the day hath he (also) made subject to you.

Ibrahim (14:34)

Allaahu.ﷻ giveth you of all that you ask for. But if you count the favours of Allah, never will you be able to number them. Verily, man is given up to injustice and ingratitude.

Ar-Rahmaan (55:3)

He has created man:

Al-Furqaan (25:27)
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Ar-Rahmaan (55:4)

God has taught man speech (and intelligence).

An-Nahl (16:18)

If you would count up the favours of Allah, never would you be able to number them: for Allah is Oft-Forgiving, Most Merciful.

Ar-Rahmaan (55:13)

?????Then which of the favours of your Lord will you deny?

An-Nahl (16:78)

It is He Who brought you forth from the

wombs of your mothers when ye knew nothing; and He gave you hearing and sight and intelligence and affections: that you may give thanks (to Allah).

Al-Hijr (15:19)

And the earth We have spread out (like a carpet); set thereon mountains firm and immovable; and produced therein all kinds of things in due balance.

Al-Hijr (15:20)

And We have provided therein means of subsistence,- for you and for those for whose sustenance you are not responsible.

Al-Furqaan (25:27)
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An-Nahl (16:79)

Do they not look at the birds, held poised in the midst of (the air and) the sky? Nothing holds them up but (the power of) Allah. Verily in this are signs for those who believe.

An-Nahl (16:80)

It is Allah Who made your habitations homes of rest and quiet for you; and made for you, out of the skins of animals, (tents for) dwellings, which you find so light (and handy) when you travel and when you stop (in your travels); and out of their wool, and their soft fibres (between wool and hair), and their hair,

rich stuff and articles of convenience (to serve you) for a time.

An-Nahl (16:81)

It is Allah Who made out of the things He created, some things to give you shade; of the hills He made some for your shelter; He made you garments to protect you from heat, and coats of mail to protect you from your (mutual) violence. Thus does He complete His favours on you, that ye may bow to His Will (in Islam).

Ibrahim (14:34)

And He giveth you of all that you ask for. But

Al-Furqaan (25:27)
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if you count the favours of Allah, never will you be able to number them. Verily, man is given up to injustice and ingratitude. ???Then which of the favours of your Lord will ye deny???

Al-Hijr (15:98)

But celebrate the praises of thy Lord, and be of those who prostrate themselves in adoration.

Al-Hijr (15:99)

And serve thy Lord until there come unto thee the Hour that is Certain.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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An-Nahl (16:72)

And Allah has made for you mates (and companions) of your own nature, and made for you, out of them, sons and daughters and grandchildren, and provided for you sustenance of the best: will they then believe in vain things, and be ungrateful for Allah's favours?-

An-Nahl (16:73)

And still, you worship others than Allah,- such as have no power of providing them, for sustenance, with anything in heavens or earth, and cannot possibly have such power?

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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An-Nahl (16:74)

Invent not similitudes for Allah: for Allah knoweth, and ye know not.

Ibrahim (14:28)

Hast thou not turned thy vision to those who have changed the favour of Allah. Into blasphemy and caused their people to descend to the House of Perdition?-

Ibrahim (14:29)

Into Hell? They will burn therein,- an evil place to stay in!

Ibrahim (14:30)

And they set up (idols) as equal to Allah, to mislead (men) from the Path! Say: "Enjoy (your brief power)! But verily ye are making straightway for Hell!"

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Al-Israa (17:22)

Take not with Allah another object of worship; or thou (O man!) wilt sit in disgrace and destitution.

Al-Israa (17:23)

Thy Lord hath decreed that ye worship none but Him, and that ye be kind to parents. Whether one or both of them attain old age in thy life, say not to them a word of contempt, nor repel them, but address them in terms of honour.

Al-Israa (17:24)

And, out of kindness, lower to them the wing

of humility, and say: "My Lord! bestow on them thy Mercy even as they cherished me in childhood."

Al-Israa (17:25)

Your Lord knoweth best what is in your hearts: If ye do deeds of righteousness, verily He is Most Forgiving to those who turn to Him again and again (in true penitence).

Al-Israa (17:26)

And render to the kindred their due rights, as (also) to those in want, and to the wayfarer: But squander not (your wealth) in the manner

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of a spendthrift.

Al-Israa (17:27)

Verily spendthrifts are brothers of the Evil Satans ; and the Evil Shytan is to his Lord (himself) ungrateful.

Al-Kahf (18:7)

That which is on earth we have made but as a glittering show for the earth, in order that We may test men - as to which of them are best in conduct.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say,
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Al-Kahf (18:8)

Verily what is on earth we shall make but as dust and dry soil (without growth or herbage).

Al-Israa (17:40)

Has then your Lord (O Pagans!) preferred for you sons, and taken for Himself daughters among the angels?

Al-Furqaan (25:27)
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Truly ye utter a most dreadful saying!

Al-Israa (17:44)

The seven heavens and the earth, and all beings therein, declare His glory: there is not a thing but celebrates His praise; And yet ye understand not how they declare His glory! Verily He is Oft-Forbear, Most Forgiving!

Al-Furqaan (25:27)
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Al-Israa (17:111)

Say: "Praise be to Allah, who begets no son, and has no partner in (His) dominion: Nor (needs) He any to protect Him from humiliation: yea, magnify Him for His greatness and glory!"

Al-Furqaan (25:27)
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✻✻✻Benefits of Turmeric.

ఓస్! ఇంతేనా పసుపు !

అని తేలికగా తీసు కొంటారు!-కాని

చూడాలి దాని విలువలు.

Active ingradient-CUCURMIN,

Prevents Cancer-inhibits growth of Cancerous Cells

Prevents Alzheimer Syndrome, Liver and Heart Disorders..

Relieves Arthritis

Controls Type 2-Diabetes

Al-Furqaan (25:27)
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Reduces Cholesterol level

Fights Colds + Cough

Whitens teeth

Dose: Raw dry powder–2.5gms

కిడ్నీ రోగి ఆచితూచి అడుగేయాల!
–తినేదీ అంతే–చేసేదీ అంతే–లేకపోతే కష్టాలొస్తాయి!
వుర్దూలో బగ్గడ్ బాత్(మొరటు ముచ్చట) –
"తోల్కే ఖానా–కీల్ కో కర్ నా"

Salads

కీర:Kheera+

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సొరకాయ:Kaddu-Bottlegourd:-50gms +

10gms of Cabbage/diem

+10ml.Oliveol

▰▰▰▰▰▰▰

✼✼✼Sprouts:-10gms/day

మొలకెత్తిన విత్తనాలు

▰▰▰▰▰▰▰

✼✼✼Olive Oil :-

ఆలివ్ నూనె:25-40ml/day

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✼✼✼Seasonal Fruits:-

(Season may last for 2-3 months only)

1-----సీతకాయలు:Custard Apple-59 gms / day

2-----నేరేడుపండ్లు:Guava -10numbers/day

3-----మామిడిపండు:Mango-50gms /on alternate days

4-----రేగి/రేగు పండ్లు.Dravidian Berries-30/day

▰▰▰▰▰▰▰

✼✼✼Fruits:–

ఆపిల్ పండు:Apples–40gms/day

దానిమ్మకాయ:Pomegranates–40gms/day

పియర్:Pears –one fruit/day

ద్రాక్ష పండ్లు :Grapes–20numbers/day

కరుబూజ:WaterMelon–200gms/twice a day–(Very

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soothing for kidneys)

దోస: Musk melon-200gms/day

❊❊❊Other Items:-ఇతర సామగ్రి:

వంట/తినే సోడా:Baking Soda-duely dissolved in 150ml of Water 3gms/day-a.m

వెల్లుల్లి/తెల్లగడ్డ:Garlic-1-2పాయలుcloves/day-@any time

తాజా అల్లం:Ginger-fresh-5-8gms /day-@any time

తాజా యెర్రగడ్డలు/ఉల్లిపాయలు-Onions:-consumed regulaly with onion laced curries-

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పసుపు–Turmeric––fresh–3–gms/diem with Milk–@4pm.

సొరకాయ:Bottlegourd(Kaddu ka)Juice :200ml/day–@mid day

నిమ్మరసంనీళ్ళతో–Fresh Lemon juice–One/day–11am

గుమ్మడికాయ గింజలు:Cucumber Seeds–dry–5gms /day

అరటిపండు:Banana–100 gms/once in 3days

ఎండుకొబ్బెర:Dried Coconut–Khopra–to chewed–10/10 gms twice–am/pm

బాదంపప్పు:Almonds–1–number/once in two days.

అజ్వా ఖజూరాలు:Arabian Ajwa dates–1/day

తల్బీనా(అరబ్బుల పాయసం):Talbinah –50

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ml/day–@before breakfast

ఎండు ద్రాక్ష:Dried Grapes –Kismis–20 numbers/day@any time

ఏలక్కాయ : ilaichi––Cadamom–2 pods/day

సోంపు–Saunf–Fenugreek–2gms/a.m/p.m

ద్రావిడ మోదుగ పూలకషాయం 50–ml

✲✲✲రుచికి :Taste Enhancers-

(in small quantities only)

in lieu of Sodium-salt-

తాజా అల్లం:Ginger–fresh

తాజా పసుపు:Fresh Turmeric

కొత్తిమిఱ:Coriander leaves

చింతపండు:Tamarind

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నిమ్మకాయ:Lemon

పొదీన ఆకులు:Mint leaves

and

దాల్చిన చెక్క:Cinnamon

ఏలక్కాయ : ilaichi–Cadamom– pods/day

సోంపు–Saunf–Fenugreek–

will enhance the taste of Bland diet ,

▰▰▰▰▰▰▰▰

దెయ్యాలు-షైతాను దోస్తులు- నేస్తాలు:

Friends of Satan are Misusers of Godgifted SIGHT and other abilities and facilities !!!

gazing for long hours at the "Satan's screen"

watching all types of God-forbidden

Al-Furqaan (25:27)
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Obsceneties-and corroding their hearts ,with Evil Intent and Actions -degrading themselves morally , spiritually, and plunging into the oblivious depths of the Eternal Abyss.......

COMMANDS OF ALLAAHU.s.w.t.

Al–Maaida (5:90)

O ye who believe! Intoxicants and gambling, (dedication of) stones, and (divination by) arrows, are an abomination,- of Satan's handwork: eschew such (abomination), that ye may

Al-Furqaan (25:27)

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prosper.

Az–Zukhruf (43:36)

If anyone withdraws himself from remembrance of (Allah) Most Gracious, We appoint for him an evil one, to be an intimate companion to him.

43/36

Life is a onetime gift for passing the Divine Test ..the Ultimate Examination ...in this ethereal world.........Failure means total destruction....FUTURE is STAKE....

Al-Furqaan (25:27)
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Now is the time to repent and correct the course

and navigate in the direction of

Heaven-Paradise-Aden-

COMMAND OF ALLAAHU.s.w.t.

Yunus (10:25)

وَٱللَّهُ يَدْعُوٓا۟ إِلَىٰ دَارِ ٱلسَّلَٰمِ وَيَهْدِى مَن يَشَآءُ إِلَىٰ صِرَٰطٍ مُّسْتَقِيمٍ

And Allah invites to the Home of Peace and guides whom He wills to a straight path

COMMANDS OF ALLAAHU.s.w.t.

Al-Furqaan (25:27)
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An-Noor (24:30)

Say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them: And Allah is well acquainted with all that they do.

Yunus (10:25)

But Allah doth call to the Home of Peace: He doth guide whom He pleaseth to a way that is straight.

Al-Furqaan (25:27)
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Al-Baqara (2:268)

Satan-The Evil one, threatens you with poverty and bids you to conduct unseemly. Allah promiseth you His forgiveness and bounties. And Allah careth for all and He knoweth all things.

Al-Hadid (57:16)

Has not the Time arrived for the Believers that their hearts in all humility should

engage in the remembrance of Allah and of the Truth which has been revealed (to them), and that they should not become like those to whom was given Revelation aforetime, but long ages passed over them and their hearts grew hard? For many among them are rebellious transgressors.

Az-Zumar (39:53)

Say: "O my Servants who have

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transgressed against their souls! Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.

▰▰▰▰▰▰▰

֍First signs of kidney problems֍

Symptoms:_

Nausea.

Vomiting.

Loss of appetite.

Fatigue and weakness.

Sleep problems.

Urinating more or less.

Al-Furqaan (25:27)
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Decreased mental sharpness.

Muscle cramps.

Nephrosis

Nephrotic syndrome is usually caused by damage to the clusters of small blood vessels in your kidneys that filter waste and excess water from your blood. The condition causes swelling, particularly in feet and ankles, and increases the risk of other health problems.

Acute nephritis occurs when kidneys suddenly become inflamed. Acute nephritis has several causes, and it can ultimately lead to kidney failure if not treated. It is known as Bright’s disease.

Types of Nephrites

●1---Interstitial nephritis:-

occurs when the spaces between the kidney tubules become inflamed and the kidneys are swollen.

●2---PYELONEPHRITIS

Inflammation of the kidney is called Pyelonephritis , due to a bacterial infection.
Generally the infection begins in the bladder and then spreads to the ueinary tubules (ureters) and into the kidneys.

●3---GLOMERULONEPHRITIS

Glomerulonephritis inflames the fine capillaries called glomeruli- the filtering units- Kidneys have millions of capillaries .Damaged and inflamed glomeruli can not

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filter the blood properly-resulting in accumulation of toxins in the Blood Stream

▰▰▰▰▰▰▰

ꕥꕥꕥ Sepsis + Septic Shock

●◆Symptoms of Sepsis:

Fever

Tachycardia-Rapid Heart Beat

Unusual Sweating

◆●◉Symptoms of Septic Shock:

Fainting/Dizziness/Unconciousness

Al-Furqaan (25:27)
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Confusion/Not Alert

Slurred Talking

Diarrohea

Nausea/Vomitting

Severe Muscle Pains.

Extreme Discomfort

Short of Breath

Low Urine output

Skin Cool + Pale

Kidney Detox

Celery fresh-30gms

Al-Furqaan (25:27)
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Ginger-7gms

Lemon -(small) -one

Coriander leaves-10gms

-All–Crushed in a Mixer-Blender + Water

▰▰▰▰▰▰▰

Cancer Causing - Free Radicals-
±
-Antioxidents.·♥·♥·♥·♥·♥·♥·

Free radicals are Carcinogenic-

But they can be nuetralized with Anti-Oxidents...

An antioxidant is a molecule stable enough to donate an electron to a rampaging free radical and neutralize it,

Al-Furqaan (25:27)
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thus reducing its capacity to damage.

These antioxidants delay or inhibit cellular damage mainly through their free radical scavenging property.

Foods Causing free radicals are-

Processed Meats. ...

Red Meat. ...

Alcohol. ...

Cooking Oil. ...

Sugars..

Many modern foods

and Some Vegetables + Some Fruits...

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Human Being - his Fraility And his Falliability As described by Allaahu-s.w.t.

Al-Infitaar (82:6)

يَٰٓأَيُّهَا ٱلْإِنسَٰنُ مَا غَرَّكَ بِرَبِّكَ ٱلْكَرِيمِ

O mankind, what has deceived you concerning your Lord, the Generous,

Al-Furqaan (25:27)
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Al-Infitaar (82:7)

ٱلَّذِى خَلَقَكَ فَسَوَّىٰكَ فَعَدَلَكَ

Who created you, proportioned you, and balanced you?

Al-Infitaar (82:8)

فِىٓ أَىِّ صُورَةٍ مَّا شَآءَ رَكَّبَكَ

In whatever form He willed has He assembled you.

Al-Hujuraat (49:13)

يَٰٓأَيُّهَا ٱلنَّاسُ إِنَّا خَلَقْنَٰكُم مِّن ذَكَرٍ وَأُنثَىٰ

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger!
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وَجَعَلْنَٰكُمْ شُعُوبًا وَقَبَآئِلَ لِتَعَارَفُوٓا۟ إِنَّ أَكْرَمَكُمْ عِندَ ٱللَّهِ أَتْقَىٰكُمْ إِنَّ ٱللَّهَ عَلِيمٌ خَبِيرٌ

O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted.

Al-Balad (90:4)

لَقَدْ خَلَقْنَا ٱلْإِنسَٰنَ فِى كَبَدٍ

Al-Furqaan (25:27)
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We have certainly created man into hardship.

Al-Israa (17:67)

وَإِذَا مَسَّكُمُ ٱلضُّرُّ فِى ٱلْبَحْرِ ضَلَّ مَن تَدْعُونَ إِلَّآ إِيَّاهُ فَلَمَّا نَجَّىٰكُمْ إِلَى ٱلْبَرِّ أَعْرَضْتُمْ وَكَانَ ٱلْإِنسَٰنُ كَفُورًا

And when adversity touches you at sea, lost are [all] those you invoke except for Him. But when He delivers you to the land, you turn away [from Him]. And ever is man ungrateful.

Hud (11:9)

Al-Furqaan (25:27)

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وَلَئِنْ أَذَقْنَا ٱلْإِنسَٰنَ مِنَّا رَحْمَةً ثُمَّ نَزَعْنَٰهَا مِنْهُ إِنَّهُۥ لَيَـُٔوسٌ كَفُورٌ

And if We give man a taste of mercy from Us and then We withdraw it from him, indeed, he is despairing and ungrateful.

Al-Muminoon (23:12)

وَلَقَدْ خَلَقْنَا ٱلْإِنسَٰنَ مِن سُلَٰلَةٍ مِّن طِينٍ

And certainly did We create man from an extract of clay.

Al-Muminoon (23:13)

ثُمَّ جَعَلْنَٰهُ نُطْفَةً فِى قَرَارٍ مَّكِينٍ

Al-Furqaan (25:27)
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Then We placed him as a sperm-drop in a firm lodging.

Al-Muminoon (23:14)

ثُمَّ خَلَقْنَا ٱلنُّطْفَةَ عَلَقَةً فَخَلَقْنَا ٱلْعَلَقَةَ مُضْغَةً فَخَلَقْنَا ٱلْمُضْغَةَ عِظَٰمًا فَكَسَوْنَا ٱلْعِظَٰمَ لَحْمًا ثُمَّ أَنشَأْنَٰهُ خَلْقًا ءَاخَرَ فَتَبَارَكَ ٱللَّهُ أَحْسَنُ ٱلْخَٰلِقِينَ

Then We made the sperm-drop into a clinging clot, and We made the clot into a lump [of flesh], and We made [from] the lump, bones, and We covered the bones with flesh; then We developed him into another creation. So blessed

Al-Furqaan (25:27)
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is Allah, the best of creators.

An-Nahl (16:4)

خَلَقَ ٱلْإِنسَٰنَ مِن نُّطْفَةٍ فَإِذَا هُوَ خَصِيمٌ مُّبِينٌ

He created man from a sperm-drop; then at once, he is a clear adversary.

An-Nisaa (4:28)

يُرِيدُ ٱللَّهُ أَن يُخَفِّفَ عَنكُمْ وَخُلِقَ ٱلْإِنسَٰنُ ضَعِيفًا

And Allah wants to lighten for you [your difficulties]; and mankind was created weak.

Al-Furqaan (25:27)
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Al-Israa (17:83)

وَإِذَآ أَنْعَمْنَا عَلَى ٱلْإِنسَٰنِ أَعْرَضَ وَنَـَٔا بِجَانِبِهِۦ وَإِذَا مَسَّهُ ٱلشَّرُّ كَانَ يَـُٔوسًا

And when We bestow favor upon the disbeliever, he turns away and distances himself; and when evil touches him, he is ever despairing.

Al-Kahf (18:54)

وَلَقَدْ صَرَّفْنَا فِى هَٰذَا ٱلْقُرْءَانِ لِلنَّاسِ مِن كُلِّ مَثَلٍ وَكَانَ ٱلْإِنسَٰنُ أَكْثَرَ شَىْءٍ جَدَلًا

And We have certainly diversified in this

Al-Furqaan (25:27)

On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!

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Qur'an for the people from every [kind of] example; but man has ever been, most of anything, [prone to] dispute.

Ibrahim (14:34)

وَءَاتَىٰكُم مِّن كُلِّ مَا سَأَلْتُمُوهُ وَإِن تَعُدُّوا۟ نِعْمَتَ ٱللَّهِ لَا تُحْصُوهَآ إِنَّ ٱلْإِنسَٰنَ لَظَلُومٌ كَفَّار

And He gave you from all you asked of Him. And if you should count the favor of Allah, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful.

Al-Israa (17:11)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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అందరూచల్లగ వుండాలనే తపనతో-
[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

وَيَدْعُ ٱلْإِنسَٰنُ بِٱلشَّرِّ دُعَآءَهُۥ بِٱلْخَيْرِ وَكَانَ ٱلْإِنسَٰنُ عَجُولًا

And man supplicates for evil as he supplicates for good, and man is ever hasty.

Al-Israa (17:100)

قُل لَّوْ أَنتُمْ تَمْلِكُونَ خَزَآئِنَ رَحْمَةِ رَبِّىٓ إِذًا لَّأَمْسَكْتُمْ خَشْيَةَ ٱلْإِنفَاقِ وَكَانَ ٱلْإِنسَٰنُ قَتُورًا

Say [to them], "If you possessed the depositories of the mercy of my Lord, then you would withhold out of fear of spending." And ever has man been stingy.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger!
"Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
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[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

Fussilat (41:49)

لَّا يَسْـَٔمُ ٱلْإِنسَٰنُ مِن دُعَآءِ ٱلْخَيْرِ وَإِن مَّسَّهُ ٱلشَّرُّ فَيَـُٔوسٌ قَنُوطٌ

Man is not weary of supplication for good [things], but if evil touches him, he is hopeless and despairing.

Fussilat (41:51)

وَإِذَآ أَنْعَمْنَا عَلَى ٱلْإِنسَٰنِ أَعْرَضَ وَنَـَٔا بِجَانِبِهِۦ وَإِذَا مَسَّهُ ٱلشَّرُّ فَذُو دُعَآءٍ عَرِيضٍ

And when We bestow favor upon man, he

turns away and distances himself; but when evil touches him, then he is full of extensive supplication.

Az-Zukhruf (43:15)

وَجَعَلُوا۟ لَهُۥ مِنْ عِبَادِهِۦ جُزْءًا ۚ إِنَّ ٱلْإِنسَٰنَ لَكَفُورٌ مُّبِينٌ

But they have attributed to Him from His servants a portion. Indeed, man is clearly ungrateful.

Az-Zumar (39:49)

فَإِذَا مَسَّ ٱلْإِنسَٰنَ ضُرٌّ دَعَانَا ثُمَّ إِذَا

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

خَوَّلْنَٰهُ نِعْمَةً مِّنَّا قَالَ إِنَّمَآ أُوتِيتُهُۥ عَلَىٰ عِلْمٍۭ بَلْ هِىَ فِتْنَةٌ وَلَٰكِنَّ أَكْثَرَهُمْ لَا يَعْلَمُونَ

And when adversity touches man, he calls upon Us; then when We bestow on him a favor from Us, he says, "I have only been given it because of [my] knowledge." Rather, it is a trial, but most of them do not know.

Al-Aadiyaat (100:6)

إِنَّ ٱلْإِنسَٰنَ لِرَبِّهِۦ لَكَنُودٌ

Indeed mankind, to his Lord, is ungrateful.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

Al-Aadiyaat (100:8)

وَإِنَّهُۥ لِحُبِّ ٱلْخَيْرِ لَشَدِيدٌ

And indeed he is, in love of wealth, intense.

An-Naazi'aat (79:35)

يَوْمَ يَتَذَكَّرُ ٱلْإِنسَٰنُ مَا سَعَىٰ

The Day when man will remember that for which he strove,

Al-Anbiyaa (21:37)

خُلِقَ ٱلْإِنسَٰنُ مِنْ عَجَلٍ سَأُو۟رِيكُمْ ءَايَٰتِى فَلَا تَسْتَعْجِلُونِ

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Man was created of haste. I will show you My signs, so do not impatiently urge Me.

Al-Ahzaab (33:72)

إِنَّا عَرَضْنَا ٱلْأَمَانَةَ عَلَى ٱلسَّمَٰوَٰتِ وَٱلْأَرْضِ وَٱلْجِبَالِ فَأَبَيْنَ أَن يَحْمِلْنَهَا وَأَشْفَقْنَ مِنْهَا وَحَمَلَهَا ٱلْإِنسَٰنُ إِنَّهُۥ كَانَ ظَلُومًا جَهُولًا

Indeed, we offered the Trust to the heavens and the earth and the mountains, and they declined to bear it and feared it; but man [undertook to] bear it. Indeed, he was unjust and ignorant.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Luqman (31:14)

وَوَصَّيْنَا ٱلْإِنسَـٰنَ بِوَٰلِدَيْهِ حَمَلَتْهُ أُمُّهُۥ وَهْنًا عَلَىٰ وَهْنٍ وَفِصَـٰلُهُۥ فِى عَامَيْنِ أَنِ ٱشْكُرْ لِى وَلِوَٰلِدَيْكَ إِلَىَّ ٱلْمَصِيرُ

And We have enjoined upon man [care] for his parents. His mother carried him, [increasing her] in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the [final] destination.

Al-Ma'aarij (70:19)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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إِنَّ ٱلْإِنسَٰنَ خُلِقَ هَلُوعًا

Indeed, mankind was created anxious:

Al-Ma'aarij (70:20)

إِذَا مَسَّهُ ٱلشَّرُّ جَزُوعًا

When evil touches him, impatient,

Al-Ma'aarij (70:21)

وَإِذَا مَسَّهُ ٱلْخَيْرُ مَنُوعًا

And when good touches him, withholding [of it],

Al-Hajj (22:66)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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وَهُوَ ٱلَّذِىٓ أَحْيَاكُمْ ثُمَّ يُمِيتُكُمْ ثُمَّ يُحْيِيكُمْ إِنَّ ٱلْإِنسَٰنَ لَكَفُور

And He is the one who gave you life; then He causes you to die and then will [again] give you life. Indeed, mankind is ungrateful.

Al-Inshiqaaq (84:6)

يَٰٓأَيُّهَا ٱلْإِنسَٰنُ إِنَّكَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَٰقِيه

O mankind, indeed you are laboring toward your Lord with [great] exertion and will meet it.

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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Al-Qiyaama (75:5)

بَلْ يُرِيدُ ٱلْإِنسَٰنُ لِيَفْجُرَ أَمَامَهُۥ

But man desires to continue in sin.

Al-Qiyaama (75:13)

يُنَبَّؤُا۟ ٱلْإِنسَٰنُ يَوْمَئِذٍۭ بِمَا قَدَّمَ وَأَخَّرَ

Man will be informed that Day of what he sent ahead and kept back.

Al-Qiyaama (75:14)

بَلِ ٱلْإِنسَٰنُ عَلَىٰ نَفْسِهِۦ بَصِيرَةٌ

Rather, man, against himself, will be a

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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witness.

Al-Asr (103:2)

إِنَّ ٱلۡإِنسَٰنَ لَفِى خُسۡرٍ

Indeed, mankind is in loss.

Az-Zukhruf (43:22)

بَلۡ قَالُوٓاْ إِنَّا وَجَدۡنَآ ءَابَآءَنَا عَلَىٰٓ أُمَّةٖ وَإِنَّا عَلَىٰٓ ءَاثَٰرِهِم مُّهۡتَدُونَ

Rather, they say, "Indeed, we found our fathers upon a religion, and we are in their footsteps [rightly] guided."

Yunus (10:78)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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قَالُوٓاْ أَجِئْتَنَا لِتَلْفِتَنَا عَمَّا وَجَدْنَا عَلَيْهِ ءَابَآءَنَا وَتَكُونَ لَكُمَا ٱلْكِبْرِيَآءُ فِى ٱلْأَرْضِ وَمَا نَحْنُ لَكُمَا بِمُؤْمِنِينَ

They said, "Have you come to us to turn us away from that upon which we found our fathers and so that you two may have grandeur in the land? And we are not believers in you."

An-Nisaa (4:48)

إِنَّ ٱللَّهَ لَا يَغْفِرُ أَن يُشْرَكَ بِهِۦ وَيَغْفِرُ مَا دُونَ ذَٰلِكَ لِمَن يَشَآءُ وَمَن يُشْرِكْ بِٱللَّهِ فَقَدِ ٱفْتَرَىٰٓ إِثْمًا عَظِيمًا

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
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"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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Indeed, Allah does not forgive association with Him, but He forgives what is less than that for whom He wills. And he who associates others with Allah has certainly fabricated a tremendous sin.

Al-Asr (103:3)

إِلَّا ٱلَّذِينَ ءَامَنُوا۟ وَعَمِلُوا۟ ٱلصَّٰلِحَٰتِ وَتَوَاصَوْا۟ بِٱلْحَقِّ وَتَوَاصَوْا۟ بِٱلصَّبْرِ

Except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience.

Abasa (80:17)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger!
"Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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قُتِلَ ٱلۡإِنسَٰنُ مَآ أَكۡفَرَهُۥ

Cursed is man; how disbelieving is he.

Why Calamities strike .....

At-Tawba (9:126)

أَوَلَا يَرَوْنَ أَنَّهُمْ يُفْتَنُونَ فِي كُلِّ عَامٍ مَّرَّةً أَوْ مَرَّتَيْنِ ثُمَّ لَا يَتُوبُونَ وَلَا هُمْ يَذَّكَّرُونَ

Do they not see that they are tried every year once or twice but then they do not repent nor do they remember?

Al-An'aam (6:116)

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
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وَإِن تُطِعْ أَكْثَرَ مَن فِى ٱلْأَرْضِ يُضِلُّوكَ
عَن سَبِيلِ ٱللَّهِ إِن يَتَّبِعُونَ إِلَّا ٱلظَّنَّ
وَإِنْ هُمْ إِلَّا يَخْرُصُونَ

And if you obey most of those upon the earth, they will mislead you from the way of Allah. They follow not except assumption, and they are not but falsifying.

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Al-Furqaan (25:27)
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Homeopathic Remedies:-

◤Urinary Tract Infections-UTI:-

1---Cantharis-

2---Apis Mellifica-

3---Staphysagria-

4---Sarasaparilla-

5---Equisetum Hymale-

6---Berberis Vulgaris-

7---Uva Ursi-

8---Apagea-

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9---Kreosote-

10---Borax-

11---Terebinthina-

12---Copaiva-

13---Apagea-

14---Srasaparilla-

15---Aconite-

16---Coli Bacillinum-

◤Bladder Cystitis:-

1---Aconite -for Early Stage.

2---Berberis Vulgaris-

3---Cantharis-

4---Nux Vom-

5---Pulsatilla-

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6---Sarsaparilla-

7---Apis Mellifica-

8---Belladonna-

9---Chimaphilla-

10---Clematis-

11---Terebinthina-

12---Arnica Montana-

13---Equisetum Hymale -for Bladder inaction-

14---Coli Bacillinum-

1---Causticum-

2---Sepia-

3---Petroselinum

4---Equisetum-

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◤Protein Urea/

Albumen Urea:-

1---Medirrhinum-Weekly dose-1M-

2---Ajas-

3---Merc.Corrosive-

4---Cantharis -

5---Terebinthina-

Uremia-

for Acute KD-Urea -6-15days
for Chronic KD-Urea -3-months

1---Belladonna-Acute -Dark,Turbid urine

2---Helleborous Niger-Stinking Odour

/-Unconcious/Pupils dilated

3---Cantharis- Suppressed urine-much

Urging,Restless/Delusions,

4---Cuprum Ars-Diarrhoea-Cholera-Inflammations-Red

Spots-Scanty urine-

5---Urtica Urens-M.T-:

Suppression-Body Odour-

6---Plumbum Met.-Coma-Deathly Face-

Urine Suppressed-

7---Terebinthina-Spasms,Kock

Jaw/Tetanus-Convulsions-

Opisthotonas-

8---Coli Bacillinum--

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◤Rejuvenation of End Stage Kidney

1---Serum Angulle-Eel Serum-

(7X for 30 days-As a Kidney Rejuvenator-)

2---Terebinthina-

3---Arsenicum Album-

4---Lycopodium-

◤Orchitis/Swelling of Testicles:-

Reckwig combo-R18-Kidney and Bladder drops

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1---Belladonna-

2---Rhododendran-

3---Thuja -1M-weekly dose

A Mix of -4 + 5 +6 +

4---Calendula-MT-+

5---Belladonna-MT-+

6---Echinesia-MT-+

7---Aurum Metallicum-

8---Spongia-

9---Berbetis Vulg-

10-Terebinthina-

11---Petroselinum

12---Apis Mel...

13---Conium Maculatum...

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Prostate Problems–BPH.

1–––Sabal Serrulata–

2–––Baryta carb.

3–––Clematis –

4–––Staphysagria–

5–––Chimaphilla–

6–––Phos–1M–weekly–

7–––Spongia–

8–––Iodium–1M–

9–––Conium–1M–

10–––Argentum Nit–

11–––Sulphur –1M–

12–––Solidago Virga–

13–––Aconite Napellus

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14---Belladonna-

15---Cantharis -

16---Ajas---

Sepsis-Peritonitis-and Septic Shock:-

1---Apis melli-Edema+Dispnoea

2---Belladonna-High fever+Sweating

3---Bronia -Chest Pain-

4---Phosphorus-Pneumonia

5---Crotalus Horridus + Lachsis -Haemorrhages-

5---Lycopodium-Fever +Abdominal Pain-

6---Arsenicum Album-Anxiety/Exhaution/Heart symptoms

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7---Sepsis-ARDS-Baptisia

8---Carbo Veg-Respiratory problems

9---Pyrogenium-Fevers+Infections-

10---Echinesia...+ Rhus Tox....

11---Coli Bacillinum-

Heart:-

Ready made Combos-Reckwig-R2 + R12 + Card Aid Drops.

For High Cholesterol::-

1----Allium Sativum-M.T.

2----Creategus-M.T.

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3----Arnica Montana-

Calcification-Paralysis.

4----Vertigo+HBP-Aurum Met-Conium-

Glonoine-Plumbum Aceticum.

5----Excess Cholesterol-

Aconite-Digitalis-Veratrum Alba-

Readymade Combo:-Tonicard drops.

1----Myocardial weakness-Aurum Met

2----Precardial Pain-Latrodactus.

3----Heart Failure-Laurocarasusu

4----Digitalis -Cardiac Muscle Failure,Slow Pulse,Suffocation,

5----Senile Heart-HBP,AtheroSclerosis-Baryta Carb.

6----Platina-Sposmidic Contractions

7----Carbo Veg-Cyanosis-Failure-

8----Naja-Angina

9----Veratrum Album-Palpitation,

10-----Strophanthus-Degeneration of Cardiac Muscles+Heart Attack.

11----Kalmia Lat Cardiac Rheumatism-

12----Tobacum-Hypertrophy-

13---Nux Vomica -Fatigue food related

14---.Arnica-Chest Pain-Left Auricle-

15---Aconite-Anxiety-Chest Pain.

16----Arsenicum Alb-Anxiety,Thirst +Suffocation.

◤High Blood Pressure:–

1–––Anxity: Argentum.Nit / Calcarea Carb / Glonoine / Natrum Mur.

2––––Agitated–Argentum Album.

3–––Fear–Aconite Nap.

4–––Angina–Nux Vomica.

5–––Resentment–Staphysagria.

6–––Grief–Ignatia,

7–––Depression–Aurum Met.

8–––Sudden Rise of B.P.–Belladonna.

9–––Alcoholic/ Fast Foods–Nux Vomica.

10–––Head Ache + Red Face–Glonoine.

11–––Rawoulfia,+Passiflora + Creategus–Mother Tinctures

12---Lachesis.

13---Ferrum Phos-6x

14---Baryta Carb.

◤GERD/Acidity/Burning/ Eructations::-

1----Nux Vomica -Stomach Derangements.

2---Carbo Veg-Heavyness of Stomach.

3---China -Flatulance + Distention of Stomach.

4----Lycopodium Clav--Flatulance

5---Pulsatilla- Eructations.

6---Phosporus-Regurgitation-

7---For All Stomach Disturbances;-

+ Natrum carb + Arsenicum Album + Bryonia +

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COLOCYNTHIS + NATRUM PHOS + NATRUM SULPH.

8---ROBONIA...

9---IRIS VRRSICOLOR-

10---ANACARDIUM ORIENT..

Anaemia:-

Readymade:-Biochemic combo.no.1

◆(1) Pernicious Anaemia:-

PICRIC ACID / PHOSPHORUS /
Ferrum Picricum.

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◆(2) Malnutritional Anaemia:-

Alumina +

Nux Vomica

◆(3) Anaemia :-

1**----China off.**

2-:**---Ferrum Met / Ferrum Phos / Ferrum Picricum**

3**----Sepia-**

4**----Phos,**

5**----Lecithin.**

6**----Alrtris Ferinosa.**

7**---Arsenicum Album.**

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8---Natrum Muriaticum.

Gastritis

(Inflammation of Stomach) :-

1---Lycopodium +Colocynthis+

Nux Vomica + Arsenicum Album +

Argentum Nitricum + Sulphur + Bryonia +

Carbo Veg+

China + Natrum Mur.

2----Oxalic Acid+N.V+ A.A +

Hydrastis MT-

Constipation:-

Biochemic Combo:For Constipation-no.4 +

1----Nux Vomica +

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2-----Bryonia Alba +

3-----Plumbam Met,

4----Alumina +

5-----Silicia..

6----Opium-200

◤ Food Poisoning

1—Nux Vomica....

2—Ardenicum Alb...

3—Baptisia....

4—Cuprum Met....

5—Carbo Veg...

6—Hyoscamus....

7—Natrum,Mur...

8—Pulsatilla...

9---Argentum Nitric..,

◤ Fungal infections.

1---Lachesis...

2---Phosphorus...

3---Thuja Occ....

4---Arsenicum Alb....

◤ Brain and Nervous System,

Readymade:-Biochemic Combo.no...16 + 24

1---Kali Phos...

2---Anacardium...

3---Alumina...

4---ignatia....

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5—Alfa alfa

6—Avena Sativum..

7—Ginseng..

8—Selenium....

◤Diabetes-Type-2-

1---Syzygium Jamb...MT.

2---Graphytis..

3---Carbo Veg...

4---Cantharis...

5---Arsenicum Alb..

6---Aluminium...

7---Chionanthus...

8---Natrum,Mur....

9---Acid Phos...

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◤ Breathlessness/ Asthma

Readymade:-Biochemic Combo.no...2

1—Arsenicum Album-

2—Carbio Veg-

3—Nux Vomica-

4—ipaecac-

5—Antimonium Tartrate-

6—Silicea-

7—Digitalis-

8—Viscun Akbum-

9—iberis-

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◤Vitality + Tonicity

Readymade:-Biochemic Combo.no...27 + 28

1---Bellis Perennis....

2---Selenium....

3---Sarasaparilla...

4---Alumina.....

5---Acid Phos...

◤Rheumatism:

Readymade:-Biochemic Combo.no...19

1---Aconitum Nap.

2---Arnica Mont.

3---Belladonna.

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4---Bryonia....

5---Ledum Pal...

6---Pulsatilla...

7---Rhus Toxico.....

8---Calcarea Phos..

Eye Care.

◉1-Cataract.

1---Causticum-1M -monthly one dose

2---Sulphur-200 -fortnightly

3---Calcarea Flourica-30-daily

◉2-Glaucoma.

1---**Phosphorus**...

2---**Physostigma**...

3---Spigelia...

4---Gelsemium...

Conjectivitis/Ramadul Ayn

1---Merc.Corrosivus...

2---Aconite..

3---Belladonna...

4---Euphrasia...

5---Argentum Nit.

6---Kreosote...

7---Ruta Graveolens....

8---Sulphur...

9---Hepar Sulph.

10---Allium Cepa....

11---iris Tenax...

12----Agaricus.....

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13----Causticum.....

◤Oral Hygine.

Readymade:-Biochemic Combo.no.18 + 23

1—Symphytum-

2—Kreosote-

3—Staphysagria-

4—Calcarea Phos-

5—Heka Lava-

6--Clematis-

7—Plantago-

8—Cocaine-Alumen-

9—Spigelia-

10—Concinella-

◤ Hydrocephalus/Cerebral Meningitis...

1---Apus Melli....

2---Zincum Met....

3---Helleborus niger

4---Calc Carb + Calc Phos

5---Belladonna....

6---Sulphur....

7---Apocyanum can...

8----Glonoine....

9---Cuprum Met....

10---Hyoscamus...

11---Aconite...

12----Gelsemium....

◤ General Bleeding.

1—Lachesis....

2—Crotalus...

3—Kreosote.....

4—Millefolium....

5—Secale Cornutum...

6—Phosphorus...

7—Carbo Veg....

8—Ferrum Met...

◤ Haematuria.

(Blood in Urine)

1–––Terebinthina,...

2–––Phosphorus....

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3---Chininum Sulph....

4---Hammamellis....

5---Arnica mont....

6---Thalapsi....

7---Ocimum Can....

8---Pulsatilla....

9---Staphysagria....

10---Natrum phos,..

11---Agaricus....MT

◤Edema/Ascites

(Swellings/Water Retention).

1---**Aurum Mur**..

2---**Apid Mel**...

3---**Apocynum can**...

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4---**Kali iodium**...

5---**Arsenicum Album**..

6---**Phos**...

7---**Vesicularia**...

8---**China**..

9---**Terebinthina**...

10---**Hydrocotyle**...

11---**Phaseolus**...

12---**Rhus Toxico**....

13---**Thyroidin**...

◤Tetanus/ Lock Jaw.:-

❖ For First Stage-.:

1---Hypericum---Excruciating Pain In Wounds

2---Aconite Nap--Fear,Anxiety-Tingling + Muscular

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Tension-

3—Arsenicum Album.-Spasms + Contortion of Limbs + Septicemia.

❖ For Second Stage:-

4—-Veratrum Album-LockJaw,Chest Constriction-Asyphyxia-Pupils Contracted-

5—Lachesis-LockJaw,Spasms of Larynx-Asyphixia,Blueness,

❖❖ For Advanced Stages:-

6——Cicuta Virosa-Sudden Rigidity-Jetkings-Violent Distortion-

7—Passiflora-MT(Specific Remedy), -Rigidity + Diaphagia-

8—Physostigma-

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Convulsions-Ataxia-Cramps-

9---Nux Vomica-

Convulsions-Opisthotonas-Dyspnoea-

10---Strychninum-Convulsions

+ Constriction of Chest

11---Physostigma-Locomotar

Ataxia,Cramps,Convulsions-Numb feeling.

12---Augustura Vera-Spasmodic

Twitchings-Catalepsy-Body bent

backwards-Jerking,Convulsions in Back

13---Hydrocyanic Acid-Persistent Tonic Spasms of

Face, Jaws and Back...

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For Immunity:-

ALFA-ALFA-

AVENA SAT-

FERRUM PHOS...

BAPTISIA....

ACID PHOS....

◤❍ ◊۞Trauma / injuries / Sprains / Muscular + Joint Pains / Back Ache /

(Readymade:–SBL. Ltd–Dehli–Homeo Combo,)

–AT–TABs–

1---Arnica Mont....-

2---Bellis Perennis -

3---Symphytum...-

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4---Ruta Graveo.....

5---Hypericum.....

6---Ledum Palustre...

7---Rhus Tox.....

8---Arnica....

9---Aconite...

10---Hepar Aulph.....

Allaahu.ﷻtests the Creatures in this Life...

Aal-i-Imraan (3:140)

إِن يَمْسَسْكُمْ قَرْحٌ فَقَدْ مَسَّ ٱلْقَوْمَ قَرْحٌ

مِّثْلُهُۥ وَتِلْكَ ٱلْأَيَّامُ نُدَاوِلُهَا بَيْنَ ٱلنَّاسِ وَلِيَعْلَمَ ٱللَّهُ ٱلَّذِينَ ءَامَنُوا۟ وَيَتَّخِذَ مِنكُمْ شُهَدَآءَ وَٱللَّهُ لَا يُحِبُّ ٱلظَّٰلِمِينَ

If a wound should touch you - there has already touched the [opposing] people a wound similar to it. And these days [of varying conditions] We alternate among the people so that Allah may make evident those who believe and [may] take to Himself from among you martyrs - and Allah does not like the wrongdoers -

Al-Anbiyaa (21:35)

Al-Furqaan (25:27)
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كُلُّ نَفْسٍ ذَآئِقَةُ ٱلْمَوْتِ وَنَبْلُوكُم بِٱلشَّرِّ وَٱلْخَيْرِ فِتْنَةً وَإِلَيْنَا تُرْجَعُونَ

Every soul will taste death. And We test you with evil and with good as trial; and to Us you will be returned.

Repeat Disclaimer:

This is a document prepared from the practical experiences of our ckd friend for the last 15years

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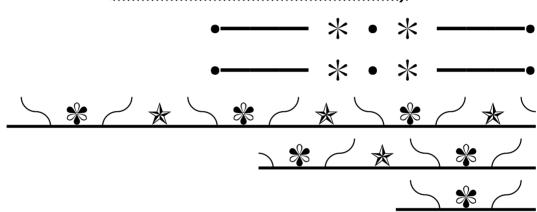
...

Shared absolutely for educational purposes only ....ckd patient must equipp himself with the basic realities of his ailment.
Once again we submit that this is not a substitute for professional medical opinion.

Dedicated to the universal brotherhood of kidney sufferers.
(knowledgeable sources estimate that anywhere between 30%/35% of the global population is afflicted with this avoidable impairmaent. and this trend is rising because of Life style fads + fancies , Drugs –Smoking and ALCOHOLIC DRINKS ,which may give a kick but also injure the Liver and Kidneys– leading to

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failure of multiple organs.. .)

Revisiting Probiotics:

పులిసిన ఆహారాలు-

వీటి వలన జీర్ణ వ్యవస్థలో వుండాల్సిన ఉపయోగకర సూక్ష్మ జీవులు పెంపొందుతాయి-

Probiotics:

Necessary for Gut health,

Al-Furqaan (25:27)
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పెరుగు:Curds/Yoghurt,-15gms +15gms with Meals(A.M+P.M)

మజ్జిగ:Butter Milk,200_300ml-A.M/P.M

Cottage Cheese-5gms only

జిలేబీ:Indian Sweet -Julaby/Jilebi-50gms at bedtime,

ద్రావిడ ఇడ్లీ/ఇడ్డెన్లు/కుడుములు :-Dravidian-(South indian)

Idly,500.gms/-day...Cooked Rice Can be Substituted with "Idly"- the only entirely steam cooked mix of 70%Rice+30%Lentil.

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۞۞۞۞۞۞

ద్రావిడులంటే పడని కొందరు

గోరుకాసాయి-కటికెగోసాయిలు

-ఇడ్లీలపై దుమ్మెత్తి పోస్తున్నారు, -"-ఇడ్లీలు ఆరోగ్యానికి మంచివికావు-తినకూడదు"అని పుస్తకాల లో కూడా రాసినారు-
ఆ అయ్యామియ్యాలకు యేదో పిసాచం/ మానసికరోగం తగిలినట్లున్నదే! ఎవరిపిచ్చ వాళ్ళకు ఆనందం అన్నటుల -పిచ్చోనికి పింగుమీదలోకం- అన్నట్ల అన్నిచోట్లాఏదో పింగు కనపండుతోందట- ఆర్కిటిక్,అంటార్కిటిక్, ఆల్ప్స్-ఆండీస్,పిరనీస్, సహారా-వాటకంలలో కూడ వాళ్ళకు పిచ్చపింగు కనబడునట-అన్నింటికీ గొబ్బెలగోరూగోసాయి-కటికకాసాయిషరాయి

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రంగు పులిమేస్తుండిరి!-
-మసిపూసిన మారేడులాగా-
--డెల్యూష‌న్- కాకపోతే యేమిటిది?
ఆవిరిలో వుడికిన ఇడ్లీల లాంటి ఆరోగ్యకర పదార్థం-వోల్ మొత్తం దున్యా మేనహీ హై.
ద్రావిడులంతా సంతోషపడాలి!!!
మన గొప్ప మనమే చాటుకోవాలి!
లేకపోతే మనుగడ ...?

సాదాదోసె : Dravidian-Sada Dosa without masala-,100gms/day.

వడ : Dravidian-Vada-100gms maximuum/day.

జాగ్రత్త:---
ఎక్కువ ఉప్పుతో తయారయ్యే

ఊఱగాయలూ/కెఫీర్/వగైరాలు కిడ్నీ రోగులకు చెడ్డచేయగలవు-

<u>Caution</u>:-Other Probiotics like Kefir,Pickles etc,.are made of high amounts of Sodium Chloride.(Na).

Hence not Compatible for CKD patient.

<u>పులిసిన తిండి కిడ్నీరోగికి చేసే మేలు-</u>

యూరియాను / యూరియా సంబంధిత టాక్జిన్సును హరింపజేసి /+ అన్ని అవయవాల వాపులనూ తగ్గిస్తాయి-
ఆకలి కలిగించి / జీర్ణ వ్యవస్థను చక్కగా చేసి,gut health కు దోహదపడతాయి.
గ్లూకోజ్ నియంత్రణ చేసి డయాబెటిజ్ ను నివారిస్తాయి..
<u>Probiotics</u>

Al-Furqaan (25:27)
On The {Dooms]Day the wrong-doer will bite at his hands, he will say, "Oh! would that I had taken a (straight) path with the God's Messenger! "Ah! woe is me! Would that I had never taken such a one for a friend!
(25/28)
"He did lead me astray from the Message (of Allah) after it had come to me! Ah! the Evil One -SATAN is but a traitor to man!"
(25:29)
Then the Messenger will say: "O my Lord! Truly my people took this Qur'an for just foolish nonsense."
(25/30)
అందరూచల్లగ వుండాలనే తపనతో-
[ఈడాక్యుమెంటు రైటర్-::-జిడ్డుజాహిలు-మడ్డిమనిసి-]

1-Reduce BUN (Urea)levels.

2-Decrease inflammations.

3-Restore Gut Flora.

4-Address Gastrointestinal issues like-Constipation/Diarrohea

5-Improve digestion.

6-Lower Glucose levels.

7-Reduce Uremic Toxins.

★✶★✶★

Note:-Erring is part of human nature.WE may be forgiven for all the shortcongs in this.. ...Please consult authentic sources for accurate info....

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...*ziddujaahili*_ జిడ్డుజాహిలు-మడ్డిమనిసి

maddimanisi.౨౦౨౧-2021

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